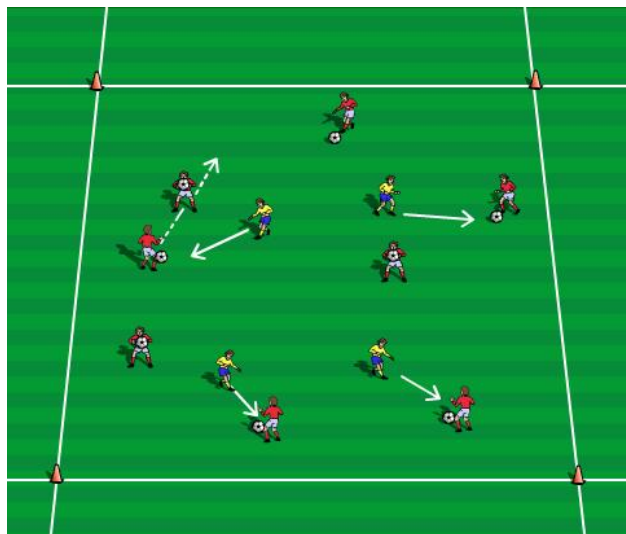




Curriculum – Technical / Skill

Activity # - 1107

Topic:	Defending	Age:	7 to 9
Section:	Warm up	Ability Level:	Recreation
Learning Outcome(s):	Poke the ball using the front foot (one closet the ball)		



Organization:

1. 20 x 20 yard area set up as shown
2. 12 players (8 Attackers, 4 Defenders) set up as shown
3. 8 balls (Each attacker has a ball)
(Additional around the outside)

Instructions:

1. Attackers attempt to possess their ball for as long as possible
2. If the defender can touch their ball they must pick the ball up and lift it above their head
3. The attacker is released back into the game by a second attacker putting the ball through their legs
4. The defending group work together to get all attacking players out of the game as quickly as possible
5. Rotate players after a set time limit

Coaching Points:

1. Poke the ball using the front foot (one closet the ball)
2. Lock the ankle
3. Weight is on the back foot
4. Poke the ball at an angle (diagonal)

Progression/Regression:

1. P – Reduce the number of defenders
2. P – Defender must win possession and pass the ball outside the area
3. R – Increase the number of defenders
4. R – Reduce the size of the area